

# ***Heartline***

## ***Residential Retreat***

*2007 Website Program Description*

*Heartline* is a graduate program for those who are serious about looking within. It is about creating *heartspace* -- self-love, self-trust, and non-judgmental acceptance. It is about allowing, understanding, and moving beyond feelings into the transcendental.

**Prerequisite for this program: *Gateway Voyage***

## Heartline



My intent is to know the Fullness of life, the joy of life and the love that I am...

*Heartline Affirmation*

## Heartline:

*Heartline* came into being as a result of Laurie Monroe's own direct experience of the universal love energy communicated through her from Bob and Nancy Monroe. *Heartline* offers new approaches for removing the obstacles to love's expression in our daily lives, as well as methods for exploring deeper levels of Self; for discovering one's true self-essence. This is a highly interactive and experiential process which utilizes a variety of exercises beyond the program tapes in order to help participants discover *heartspace*.

As we move into the knowing that we are indeed more than our physical bodies, so too do we need to understand that we are more than our emotional bodies, our personalities. In order to accomplish this, it is necessary to explore those areas within us which hold us back from basic self-trust and self-acceptance. We must be willing to let go of the blocks, the energetic shields we hold in order to protect ourselves and our hearts from perceived threats, old and new.

*Heartline* is not about renouncing the left brain or rational self; rather, it is an invitation to that part of oneself to open, allow and welcome the heart, the feeling connection, to come into balance. In this way we can move into a greater wholeness and expanded awareness of self.

If you are ready to move through the gateway to your heart, if you are willing to open to the energy of love more fully and completely, then join us for *Heartline*. And remember, as always, Hemi-Sync® works as a supportive underpinning to your intent, your purpose. **You** are the magic.

### ***Heartline Affirmation***

I am in touch with the source of all life  
and I am open to receive all energy from this source.  
My purpose is to know and be love.  
My intent is to know the fullness of life, the joy of life and the love that I am.  
I deeply desire to know, to be, to understand, to experience, and to express  
the love that I am and the absolute good that I bring forth.  
I ask that the light of the source surround me, enfold me, and embrace me.  
I ask that the love energy flow through me now.  
From this day forward I am better able to be the love that I am  
and to know that I have no limitations.  
For I am this energy--I am love.  
And because I am love,

I live each moment of this day in heartfelt gratitude  
and deep, abiding appreciation for All That Is.